

Current Status of Claims

1. (*currently amended*) A training apparatus consisting of a direction reversal means (1), suspendable from a fixed support and having two sides, a rope (2) which ~~[can be]~~ **is** passed via [a] the suspended direction reversal means (1), ~~[wherein]~~ a first part (2') of the rope **is being** arranged to hang down from one side of the direction reversal means **and having a lower end**, ~~[wherein]~~ a handle loop (2'') **is being** provided at ~~[one]~~ **the lower** end of the first part (2') of the rope, and ~~[wherein]~~ a second part (2''') of the rope **is being** arranged to hang down from ~~[another]~~ **the other** side of the direction reversal means, ~~[and is designed to form releasable engagement with]~~ a locking device (4) of ~~[key-way]~~ **"cleatlock"** type (4''), ~~[so-called "Cleatlock", ——— characterised in~~

- that the locking device (4)] is attached to the first part (2') of the rope **between the direction reversal means and the handle loop, and the locking device (4) is cooperable with the second part (2''') of the rope to provide releasable engagement between the locking device (4) and the second part (2''') of the rope.**

2. (*currently amended*) An apparatus as disclosed in claim 1, ~~[characterised in~~

- ~~that]~~ **wherein the first part (2') of the rope is attached to** the locking device (4) ~~[is equipped with]~~ **by** a retaining slot or clamp (5, 5') ~~[for the first part (2') of the rope]~~ **on the locking device (4); and wherein**

- ~~[that]~~ the locking device (4) has ~~[in connection with its key way-equipped (4'') locking part (4')]~~ a guide (7; 8) for the second part of the rope, ~~[e.g., guide belt (7) or guide flap (8);]~~ which **cooperates with the cleatlock (4'') locking part (4') and** covers at least a portion of the opening of the locking part (4').

Current Status of Claims (cont'd)

3. (*currently amended*) An apparatus as disclosed in claim 2,
[characterised in

- 5 - that] **wherein** the guide (7; 8) is arranged to limit the movement of the second part (2'') of the rope out of the [key-way] **locking part (4') of the cleatlock (4'')** when [this] **the second** rope part (2'') is manipulated in order to adjust the [engagement of the key-way] **cleatlock (4'')** [with] **engagement location on** the second part (2'') of the rope.

4. (*currently amended*) An apparatus as disclosed in claim 2,
[characterised in

- that] **wherein** the guide (7[; 8]) is [~~made to be~~] **an** elastically yielding **belt**.

5. (*currently amended*) An apparatus as disclosed in claim 2,
[characterised in

- that the key-way part] **wherein the cleatlock (4', 4'')** of the locking device (4) at an upper end thereof has a rope insertion groove for sideways
5 insertion of the second part (2'') of the rope; and
- [that] **wherein** said guide (7; 8) **includes means to** [~~is designed to be positioned after insertion of the second part (2'') of the rope into the locking device (4) in order to~~] limit the sideways movement of the second part (2'') of the rope relative to the [locking-part] **cleatlock (4')** of the
10 locking device (4) **after insertion of the second part (2'') of the rope into the locking device (4).**

Current Status of Claims (cont'd)

6. (currently amended) [~~A suspended direction reversal means for~~
5 ~~cooperation with an~~] **An** apparatus as disclosed in claim 1, [~~characterised in~~
- ~~that~~] **wherein** the direction reversal means is a suspension bracket
in the form of a U-shaped structure (13), wherein the arms (13, 13') of the U
are hooked at their respective free ends;
- [~~that the~~] **wherein a** distance between the arms (13, 13') of the U-
10 shaped bracket is adjustable[, preferably] for suspension from the
architraves (12, 12') of [~~the~~] **an** upper door frame of a door; and
- [~~that~~] **wherein** the two arms each have a perforated portion (13''',
13''') for the rope (2) for the purpose of forming said direction reversal
means.

7. (new) An apparatus as disclosed in claim 2, wherein the
guide (8) is a flap which is pivotal against spring force relative to the
locking device (4).